



Bariatric & Metabolic Center

A center for health and wellness

The Bariatric & Metabolic Center is a comprehensive weight loss center serving South Georgia. We are dedicated to improving the health of our community with a collaborative and compassionate approach to weight management. We strive to provide our patients with the best weight management options available as well as the most current surgical techniques.

Here at the Bariatric & Metabolic Center, we believe in partnering with each patient individually to develop a safe and effective weight management strategy specific to his or her needs. We have a multidisciplinary team to better serve you in this life-changing endeavor. Our global approach addresses nutritional, medical, physical, and behavioral obstacles to achieving your weight loss goals.

Coffee Regional Medical Center established the bariatric service line in collaboration with Emory Healthcare. Throughout the development, our clinical staff has been supported by the Emory Healthcare team. As an affiliate of the Emory Healthcare Network, we are able to provide our patients with enhanced bariatric care, close to home.

The Bariatric & Metabolic Center team is here to guide and support you throughout your weight loss journey. We are pleased to have the opportunity to serve you. Thank you for choosing us.

-Your Bariatric & Metabolic Center Team

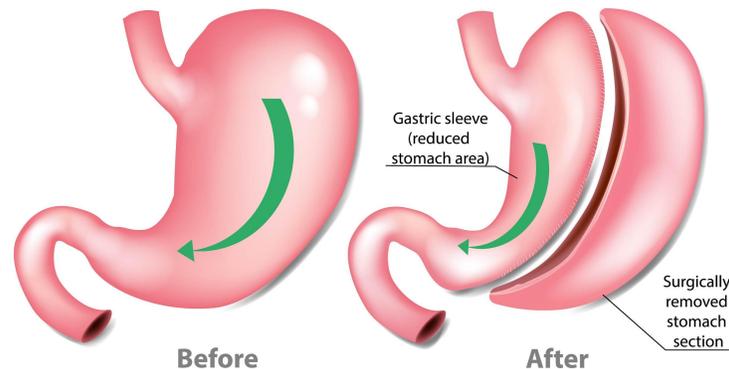


Emory Healthcare Network Affiliates collaborate with Emory on quality and safety initiatives to improve care locally.



Bariatric & Metabolic Center

A center for health and wellness



Laparoscopic Sleeve Gastrectomy

The sleeve gastrectomy, frequently referred to as the “sleeve”, was initially described in the literature in 1988 and has been commonly performed since 1999. The sleeve was originally introduced as the first step in a two-step surgical approach to weight loss. Over the past two decades, the sleeve has proven to be both safe and effective as a stand-alone method. It has since been adopted here in the United States and is the most commonly performed bariatric procedure today.

As demonstrated in the image above, a substantial portion of the native stomach is removed in a minimally invasive technique using surgical staplers specifically designed for endoscopic use. Once the stomach has been divided, the excess portion is removed from the body permanently. The remaining stomach is a much smaller, tubular-shaped pouch similar in shape and size to a banana. One can expect >60% excess weight loss at two years following a sleeve gastrectomy with adherence to a comprehensive post-surgical nutrition and lifestyle plan.

Two components of the sleeve work in tandem to yield successful weight loss. First, gastric restriction is achieved by removing 75% of the native stomach. This results in a reduction of food volume one may intake. Secondly, the sleeve provides hormonal appetite suppression. Ghrelin is an appetite-stimulating hormone produced in the upper section of the stomach known as the fundus. By removing the fundus, ghrelin production is dramatically reduced, improving hunger, satiety, and blood sugar control.

For more information visit us online at www.coffeeregional.org/bariatrics



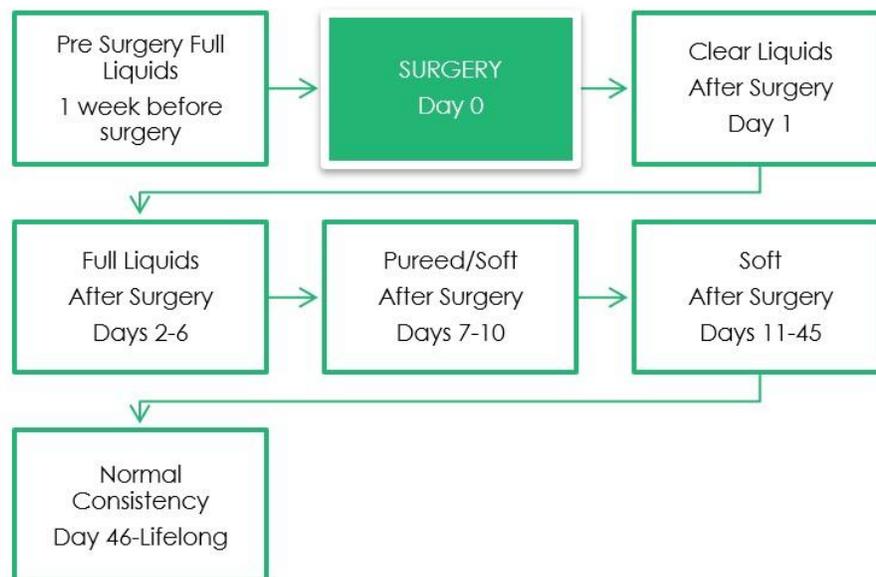
Bariatric & Metabolic Center

A center for health and wellness

Nutrition - What to Expect

Through this process you will learn to build a new relationship with food. It is important to understand that while bariatric surgery will physically reduce the volume of food you will be able to take in, additional lifestyle changes will be necessary to promote weight loss and improve your overall health status.

You may wonder what your eating pattern will look like before and after surgery. Below is an outline of the diet progression you will follow. After surgery you will also begin to take vitamins and minerals on a daily basis.



Once you have progressed to a normal consistency and healthy eating plan, your food intake will be drastically reduced when compared with your pre-surgical habits. You can expect to be able to eat about 3/4 - 1 cup of food at a given meal. Consuming a small volume of food, along with daily supplementation of vitamins and minerals, is a lifelong change.

In addition to nutrition, physical activity will play an extremely important role in promoting your overall health. We encourage you to utilize your discount at The Wellness Center to meet with trained professionals that can help you develop an exercise plan that works for you.

CRMC Wellness Center
www.wellness247.org
crmc.wellnesscenter@coffeeregional.org



Bariatric & Metabolic Center

A center for health and wellness

Insurance Coverage: Qualifying for Surgery with Your Insurance Company

It is crucial that you contact your insurance company to verify that your plan provides coverage for bariatric surgery and, if so, what criteria need to be met to have it approved.

- Call the customer service number on the back of your insurance card.
- Tell the customer service representative that you are interested in bariatric surgery and ask if the service is covered under your plan. They may ask you for the procedure codes. Our surgeons perform the following bariatric procedures:
 - **Laparoscopic Gastric Bypass CPT 43644**
 - **Laparoscopic Sleeve Gastrectomy CPT 43775**
- If the insurance states that it is covered, or that it must be deemed "medically necessary," please ask the customer service representative the following questions:

1. What are the BMI requirements for surgery?

2. Do I have to have medical conditions (comorbidities) related to my weight to qualify? _____

******Please note that if your BMI is 35-39.9 and you do not have a comorbid condition, you likely will not qualify for bariatric surgery.******

3. Do I have to complete a consecutive supervised diet, and if so for how long? (how many visits) _____

4. Does it need to be physician -supervised or can it be through a registered dietitian or a commercial weight loss program?

5. Do I need to see a registered dietitian for an individual (one-on-one) nutritional evaluation? List of providers on page 8.

6. Can you provide me with a checklist stating the requirements for bariatric surgery? _____

- If the insurance company tells you that the service is *not covered* or is *excluded*, this means that your employer did not add this benefit to the insurance policy. You may want to speak with our office regarding self-pay information or speak with your company's HR department to find out if they will consider adding coverage for bariatric surgery or make an exception for you.



Bariatric & Metabolic Center

A center for health and wellness

10 Key Behaviors for Success After Bariatric Surgery

1. Make weekly goals to continue to improve healthy lifestyle habits.
2. Attend bariatric surgery support groups.
3. Be active daily.
4. Choose nutritionally balanced meals and snacks using the Real Food Plate (post-surgery meal size will be about ~1 cup food per meal).
5. Save sweets and high fat foods for special occasions or treats.
6. Take small bites and chew thoroughly.
7. Eat and drink slowly.
8. Drink at least 8 cups (64 ounces) of water and other non-caloric drinks. Avoid alcohol & carbonated beverages.
9. Eat and drink at separate times (wait 30 minutes after eating to drink).
10. Take recommended vitamins and minerals supplements FOR LIFE: Multivitamins, calcium, and vitamin B12. (Details will be discussed in your pre-surgery nutrition class).

Required Post-Surgery Follow Up Appointments

- 2-3 weeks after surgery with medical bariatrics provider, dietitian, and labs
- 3 months after surgery with medical bariatrics provider, dietitian, and labs
- 6 months after surgery with medical bariatrics provider, dietitian, and labs
- 12 months after surgery with medical bariatrics provider, dietitian, and labs
- Follow up with medical bariatrics provider and labs once per year FOR LIFE.



Bariatric & Metabolic Center

A center for health and wellness

Sample Letter of Medical Necessity

Please have your Primary Care Physician or referring physician complete a letter of medical necessity for you in preparation for bariatric surgery. Below is a sample format for your doctor. Please have your doctor include your name, date of birth, pertinent medical history, doctor's name, and office location. This letter should be on your doctor's office letterhead. **The letter may be faxed to our office at (912) 720-9011 or may be brought to your next appointment.**

Date:

To: Bariatrics & Metabolic

Re: Robert Jones

DOB: 12/12/1965

I am Dr. John Smith, Primary Care Physician of Mr. Robert Jones. Mr. Jones suffers from hypertension, sleep apnea, and type II diabetes. The patient also complains of shortness of breath when walking and pain in his joints. His current weight is 251, height of 5'4" and his BMI calculates out to 43.1 and this classifies him as morbidly obese.

He has had a long history battling his weight and has tried and failed multiple diets. Because of his morbid obesity, the health conditions listed above, and a strong family history of diabetes and heart disease, it is medically necessary that Mr. Jones undergo bariatric surgery.

If you have any questions regarding this matter please do not hesitate to contact my office.

Regards,

Dr. John Smith

CRH Primary Care
100 CRH Circle
Douglas, GA
(000)-000-0000